#### **WORK HISTORY**

#### Revive Training and Wellness, LLC. Kersey, Colorado Owner/Provider/CPR Instructor | 05/2018 - Current

 Teach fundamentals of First Aid/CPR/AED through lecture, power point presentations, and hands-on techniques with American Red Cross standards in a classroom setting.

#### Vasa Fitness. Greeley, Colorado

#### Fitness Coach/Instructor | 11/2021 - Current

• Teach group fitness classes of up to 40 participants. Provide positive feedback and teach proper form correction.

#### Little's Place, LLC. Kersey, Colorado

#### Owner/Provider/CPR Instructor | 03/2020 - 09/2022

 Provide quality care to children ages 0-12 years. Taught pre-school readiness and follow a fun curriculum that engages learning through creative play.

#### <u>Public Partnerships Colorado</u>. Greeley, Colorado <u>Certified Nursing Assistant</u> | 06/2013 - 10/2017 Home Health Care. 3 clients.

 ROM, ADLs, bathing/hygiene, dressing, meal preparation/feeding, medication administration, transfer/ambulation, and house cleaning/grocery shopping.

## <u>Banner Staffing Services</u>. Greeley, Colorado <u>Certified Nursing Assistant</u> | 06/2013 - 06/2017 & 06/2018-06/2020

Wide variety of experience. (Stepping Stones Adult Day Program, Skyline Surgery Center, NCMC, McKee Medical Center)

 Clerical. Patient scheduling, documentation, vitals, patient transfer/ambulation, bathing/personal hygiene, dressing, IV removal, feeding, blood glucose testing, and stocking supplies.

#### <u>Tender Care Pediatrics</u>. Loveland, Colorado <u>Certified Nursing Assistant</u> | 11/2015 - 11/2016 Home Health Care. 1 client.

• Monitoring vitals, measuring intake/output, g-tube care/feeding, bathing/hygiene, wound care, and oxygen care.

# <u>Centennial Health Care Center</u>. Greeley, Colorado <u>Certified Nursing Assistant/Office Assistant</u> | 12/2009 - 11/2013 Assisted living facility; long-term, short-term, Alzheimer's unit.

 Wound care, direct patient care, bathing/hygiene, dressing, feeding, transfer/ambulation, ADLs, positioning, vitals, and comfort care. Clerical. Scheduling staff, manage patient monetary accounts, filing documents, and assisting management.

#### **SKILLS**

- Fun/bubbly personality
- Client-focused care
- Fast-learning
- Compassionate
- Team-player
- Eager to learn
- Confidentiality
- Responding to emergencies
- Inpatient/Outpatient care
- Calm and patient
- Outstanding social skills
- Time management
- Adaptable

#### **EDUCATION**

### Aims Community College

Greeley, CO (2009)

 Certified Nursing Assistant Certification

# International Sports Sciences Association (ISSA)

Online (2022)

• Elite Trainer Certification

#### **CERTIFICATIONS**

- Certified Nursing Assistant
- BLS Certification
- American Red Cross Instructor
- Certified Elite Trainer Certificate